



Gluten-Free Trading Co. • 3116 S Chase Ave • Milwaukee WI 53207 • 1-888-993-9933 • 414-747-8700 • info@food4celiacs.com

Is There Gluten in Charcoal?



As the days grow warmer and the evenings grow longer, our thoughts turn to the great taste of barbecue. With the right ingredients and materials, it's easy to make barbecue favorites—from hamburgers to hot dogs to chicken and even salmon—that are both delicious and gluten-free. Let's start with a little history to whet your appetite.

There is no definitive history about how the word "barbecue" originated—or why it's sometimes used as a noun, a verb or an adjective. Some say the Spanish get credit for the word, derived from their "barbacoa" which comes from an American-Indian word for a framework of green wood on which foods were placed for cooking over hot coals. Others think the French were responsible, offering the explanation that when the Caribbean pirates arrived on America's southern shores, they cooked animals on a spit-like device that ran from "whiskers to tail," or "de barbe à queue."

Did you know:

- The most popular holiday weekend for barbecuing is July 4th, followed by Labor Day and Memorial Day.
• Half of all marshmallows eaten in the US have been toasted over a barbecue grill. (Most marshmallows are made with corn starch, but call the manufacturer to be sure).

Geologists have found bits of charcoal dating back 420 million years, but the charcoal briquette is a more recent invention. It was created in the early 1920s by automobile king Henry Ford. Ford's manufacturing operations generated a lot of scrap wood. To turn this scrap into a useful product, Ford had the wood partially burned to make lump charcoal, which was then ground up, combined with starch, and formed into the uniform, pillow-shaped briquettes we know today. Thomas Edison designed the first charcoal briquette manufacturing plant for his friend Ford. The plant was located in Kingsford, Michigan and the Kingsford Charcoal company was founded there.

We found that in addition to ground charcoal, the briquettes can contain wood scraps, tree bark, sawdust, coal dust, borax, limestone, and sodium nitrate. While some brands are held together with a petroleum based binder, natural plant starches (including wheat starch) are frequently used as a glue to hold the briquettes together. This raises concerns that gluten from the briquettes may be transferred to the food. Charcoal does not burn cleanly or completely, so it is possible that as the briquettes disintegrate in the fire, some unburned starch particles drift upward and stick to the food. (When asked, Kingsford would not say what plant starches, if any, they use as binder).

A simple solution is to use lump charcoal, which is charcoal made from large pieces of wood (without binder). Lump charcoal burns cleaner and hotter than briquettes, and many people say the results are more flavorful. Although lump charcoal costs more than briquettes, there is less waste because it can easily be extinguished with water when the cooking is done (briquettes fall apart when wet).

Barbecue history and trivia courtesy of the Hearth, Patio, and Barbecue Association.

Barbeque Sauce Tops Off the Meal

Our selection of barbeque sauces continues to grow, with as new choices join our shelves alongside old favorites. It's hard to decide which one is the best! Here are a few to consider:

Saz's. This award-winning Milwaukee area brand is a customer favorite. It comes in three flavors:



1 Original. Still the most popular.

Ingredients: Water, sugar, tomato paste, GF distilled vinegar, lemon juice, brown sugar, corn syrup, salt, GF modified food starch, natural flavor, potassium sorbate (to protect freshness), spices, dehydrated garlic, dehydrated onion.

2 Sassy. Like the Original, with a hit of jalepeño pepper.

Ingredients: Water, sugar, tomato paste, GF distilled vinegar, lemon juice, brown sugar, corn syrup, salt, GF modified food starch, jalepeño peppers, natural flavor, spices, dehydrated garlic, dehydrated onion.

3 Vidalia Onion. Sweet and rich from loads of onions.

Ingredients: Water, sugar, tomato paste, GF distilled vinegar, Vidalia onions, corn syrup, salt, GF modified food starch, lemon juice concentrate, dried onion, natural flavor, hickory smoke flavor, potassium sorbate (to protect freshness), natural spices, dried garlic.

WF GF Fat Free 18 oz Bottle \$2.99

Daddy Sam's Bar-B-Que Sauce. This sauce was created on "Daddy Sam" Oglesby's ranch in West Texas. It has a slightly sweet taste—tangy with a hint of molasses. The sauce has been carefully nurtured through the generations. "Just Slop It On!" Two varieties:



1 Original Recipe

Ingredients: Ketchup (tomato paste, water, sugar, distilled vinegar, salt, onion powder, natural flavor), molasses, sugar, mustard (distilled vinegar, water, mustard seed, salt, turmeric, paprika, spice, natural flavor, garlic powder), distilled vinegar, salt, peppers, onion powder, dehydrated garlic, jalepeño pepper powder, spices, natural smoke flavor.

2 Ginger-Jalepeño (Medium)

Ingredients: Ketchup (tomato paste, water, sugar, distilled vinegar, salt, onion powder, natural flavor), molasses, sugar, mustard (distilled vinegar, water, mustard seed, salt, turmeric, paprika, spice, natural flavor, garlic powder), ginger, jalepeño peppers, distilled vinegar, salt, peppers, jalepeño pepper powder, onion powder, dehydrated garlic, spices, natural smoke flavor.

WF GF Milk-Free Soy-Free Corn-Free Nut-Free 19 oz jar \$5.29



Mr. Spice Honey BBQ Sauce. Flavor-packed with loads of honey & spices. Its unique taste comes with no salt and no fat.

Ingredients: water, tomato paste, apple cider vinegar, clover honey, molasses, chile peppers, garlic puree, lemon juice, natural spices & flavors, rice starch, onion, natural xanthan gum and natural hickory smoke.

WF GF Milk-Free Soy-Free Fat-Free Sulfite-Free Low-Sodium Vegetarian Suitable for Diabetics. 10.5 oz Bottle \$4.59

Mali's Gourmet Lump Charcoal

You don't have to give up charcoal to avoid the risk of gluten from briquettes. This 100% Hardwood Chunk Charcoal has been made the old fashioned way—from chunks of charred hardwood. No chemicals, no binders—nothing but wood. It burns hotter and cleaner than briquettes. It doesn't leave any ash on the food, resulting in a clean, smoky taste. After cooking just pour water on it—what's left can be reused.



Mali's Lump Charcoal 10 Pound Bag \$7.99

Ener-G Buns



Ener-G's Tapioca Hamburger and Hot Dog Buns will make your next cookout more special. These gluten free buns are versatile and full of flavor with a new lighter texture. They are tasty toasted, grilled or briefly microwaved.

1 Ener-G Tapioca Hamburger Buns

Ingredients: filtered water, rice flour, tapioca starch, cold pressed high oleic safflower oil, pear juice concentrate, bamboo fiber, yeast, methylcellulose, tapioca syrup, guar gum, salt, palm oil, calcium phosphate, glucono delta lactone. Enriched with thiamine (vitamin B1), riboflavin (vitamin B2), niacin, iron and folic acid.

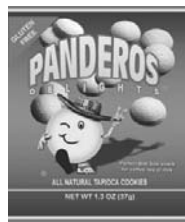
2 Ener-G Tapioca Hot Dog Buns

Ingredients: Same as hamburger buns.

WF GF Milk-Free Egg-Free Soy-Free Nut-Free
..... 7.76 oz Package (4 buns) **\$5.39**

New! Panderos Delights Cookies

We take pride in bringing you "Gluten Free Goodness from Around the World." Many countries are far less wheat-oriented than Europe and the US. For example, people who live in tropical climates make all sorts of great food from tapioca, the starch from the cassava root (which is also called manioc).



These cookies are a case in point. Cookies like these are made all over the world in countries that have a strong cassava culture. In the Philippines they are known as Uraro, in Colombia as Panderos and in the Dominican Republic as Ojaltra. It wasn't necessary to take the gluten out of this recipe. It never had any!

But that's not why you should try Panderos Delights. You should try them because they are delicious, low-fat, bite-sized cookies that melt in your mouth, and your kids/grandkids will love them.

Ingredients: Tapioca flour, sugar, butter, eggs, milk, salt.

WF GF Low-Fat Low-Sodium 1.3 oz Snack Size **99¢**
..... 8 oz bag **\$4.99**

New! Toast-It Reusable Toaster Bags

Extremely useful for celiacs on the go, these toaster bags turn any hotel or office toaster into a gluten-free grill. The heat-resistant, non-stick plastic protects the bread from cross-contamination and it comes out moist and tasty. You can even use the bags to make a grilled cheese sandwich, garlic bread, or French toast in an ordinary toaster (the bag protects the toaster from drips). Also useful for heating pizza slices.



NoStik Toast-It is suitable for use in all types of toasters, grills, and toaster ovens. Each bag is reusable up to 10 times. There are two bags in each package.

2 bags, each 5³/₄" x 7¹/₄" **\$4.49**

On-Line Shopping Improved

We've been working to improve and expand the Shop Online portion of our website. It's a big job! As of press time, the basic information for about 500 products has been entered, with photos and ingredients in place for a portion of those products. Check it out at <http://www.food4celiacs.com/ShopOnline/index.html> .

New! Madwoman Foods Pizzas

Our staff gives rave reviews to these new gluten-free personal-sized (6 inch) pizzas made with a unique grain-free crust. Three of the flavors are made with natural cheeses and fresh pizza sauce. The fourth is a Vegan GFCF (milk-free) pizza made with three soy cheese alternatives and topped with fresh pizza sauce. All four varieties can be microwaved or oven baked for a nutritious, hearty meal. Great to take along for lunch! *Sorry, not shippable.*

1 Cheese Pizza

Ingredients: Mozzarella cheese (whole milk, cheese culture, salt, enzymes), cheddar cheese (whole milk, salt, microbial enzymes, annatto (vegetable color)), almonds, tomato puree*, cream cheese (milk, cheese culture, salt, xanthan and/or carob bean and/or guar gum), egg*, flax seed, parmesan cheese (milk, cheese culture, enzymes, salt), onion*, garlic powder*, pepper*, and Italian herbs*. *Indicates organic.

2 Greek Pizza

Ingredients: Mozzarella cheese (whole milk, cheese culture, salt, enzymes), cream cheese (milk, cream, cheese culture, salt, xanthan and/or carob bean and/or guar), almonds, egg*, flax seed, fresh spinach*, feta cheese (cultured part-skim milk, salt, enzymes), olives (kalamata olives, water, sea salt), sun-dried tomatoes*, parmesan cheese (milk, cheese culture, enzymes, salt), live cultured whole milk*, tahini*, cucumber*, onion*, garlic*, lemon juice*, black pepper*, and Italian herbs*. *Indicates organic.

3 Veggie Pizza

Ingredients: Mozzarella cheese (whole milk, cheese culture, salt, enzymes), cheddar cheese (whole milk, salt, microbial enzymes, annatto (vegetable color)), almonds, tomato puree*, cream cheese (milk, cheese culture, salt, xanthan and/or carob bean and/or guar gum), egg*, flax seed, parmesan cheese (milk, cheese culture, enzymes, salt), green bell pepper*, mushroom*, onion*, garlic powder*, pepper*, and Italian herbs*. *Indicates organic.

3 Cheezie (Vegan/Dairy-Free/GFCF) Pizza

Ingredients: Almonds, cheese alternative (filtered water, expeller pressed canola oil, tofu (soybeans, calcium sulfate), soy protein, inulin (a natural extract of chicory), carrageenan (from seaweed), agar agar, sea salt, natural flavor (vegan), calcium lactate (vegan), lactic acid (vegan), Brewer's yeast, annatto), flax seed, parmesan alternative (filtered water, isolated soy protein, soy milk powder, calcium sulfate, nonhydrogenated soybean oil, salt, tricalcium phosphate, citric acid, natural flavors riboflavin), onion*, extra virgin olive oil*, xanthan gum, tomato puree*, garlic*, black pepper*, and Italian herbs*. *Indicates organic.

WF GF (Cheezie is Milk-Free) Net Wt 5.1 to 5.5 oz **\$4.89**

MAY 2006 STORE HOURS (CENTRAL TIME ZONE)

Monday 10:00–2:00
Tuesday–Friday 10-1 & 2-7
Saturday 10:00–5:00
Sunday 11:00–4:00

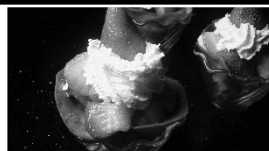
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Glutenfreeda™ Online Cooking Magazine

The largest gluten-free cooking resource - featuring over 4,000 gluten-free recipes!

If you love to cook or rarely cook, this magazine will not only help you to get excited about cooking, eating and entertaining again, but it will convince your family that eating gluten-free can be sensational! Subscribe on-line today at www.glutenfreeda.com!

Strawberry Tulips



Ingredients:

For the tulips:
6 Tablespoons unsalted butter
6 Tablespoons sugar
1/2 teaspoon of vanilla extract
2 egg whites
3 Tablespoons of flour
1/2 teaspoon xanthan gum

For the filling:

2 cups strawberries, washed and cut into 1" pieces
1 cup heavy cream
2 Tablespoons sugar
4 cups mixed berries (raspberries, blackberries, strawberries)
Powdered sugar for dusting

Directions:

Make the tulips:

Preheat the oven to 375°F. Line a cookie sheet with a slipat or parchment paper.

In a small saucepan, melt the butter over medium-low heat, then remove from heat. Whisk in the sugar. Add the vanilla and egg white; whisk for 1 minute. Add the gf flour and xanthan gum and whisk until smooth. The batter will be fairly liquid.

Spoon 1-2 heaping tablespoons of the batter onto the prepared cookie sheet, making only 4 cookies at a time. Using the bottom of the spoon spread the cookies in a circular motion until the cookie is about 5 inches in diameter. Bake the cookies for 10 minutes or until golden (they will still be very soft). Remove the cookies from the oven and let rest on the cookie sheet for 1 minute before molding (if they are molded too soon they will crack). Working quickly and carefully, fold the cookies so you can place the center of the cookies in the bottom of small dessert dishes. Fan the cookie out to form a flower shape. Set the dessert dishes aside and let the cookies cool completely. Repeat this process with the remaining batter.

Whip the cream with 2 tablespoons of sugar until stiff. In a separate bowl, mix the strawberries with the whipped cream and fill the cookie tulips with the strawberry mixture. Top with whipped cream or powdered sugar. Serve immediately.

Get more delicious recipes like this one at

[www.glutenfreeda.com!](http://www.glutenfreeda.com)